

CHECKLIST

LONG TRAIL RESUPPLY

- ☐ Decide resupply locations.
- ☐ Calculate when to mail boxes for the estimated date of arrival.
- ☐ Research how to send packages UPS or USPS. Box or bucket?
- ☐ Plan out days of food needed for each box. Divide the amount of miles by how many miles estimated hiking for each day.
- ☐ Plan how many breakfasts, lunches, dinners, snacks for each box.
- ☐ Shop for food.
- ☐ Make dinners or buy pre-made dinners.
- ☐ Layout all food organized by breakfast, snacks, lunch & dinner.
- ☐ Line up boxes/bucket labeled with how many breakfasts, lunches, and dinners.
- ☐ Load boxes with food.
 - ☐ Add travel size personal care items: toilet paper or baby wipes, ziplock potty bag, toothpaste, lotion, soap, contact solution, vitamins, medicines, first aid.
 - ☐ Add supplies: extra baggies, batteries, laundry soap, maps, guidebook pages.
 - ☐ Add personal items to use at resupply location: shampoo, extra lotion etc.
 - ☐ Add town treats - Favorite cookies, chips, candy etc.
- ☐ Make address labels.
- ☐ Seal boxes with packing tape, write on all sides with a sharpie pen your first and last name and ETA.
- ☐ Send resupply boxes at USPS or UPS.